



Phone: (904) 733-3724 [www.zumbajear.com](http://www.zumbajear.com)  
 Email: zumbajear@yahoo.com



# NOVEMBER 2018

Mon	Tue	Wed	Thu	Fri	Sat
				1 STRONG by Zumba™ 6:00pm to 7:00pm ★(HIIT Program) with JEROME	2 LOCATION: MOJITOS 3 *NOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome
• Weekday Mornings & Evenings at JJVA • Saturday Mornings at Mojitos			5:45pm – 6:45pm BodyPump - Kelly G! ★7:00pm to 8:00pm SALSA DANCE CLASS with Mike		10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR
5:30 – 6:30pm BodyPump with Jerome	5:45m to 6:45pm Pilates with Kelly G!	5:30 – 6:30pm BodyPump with Jerome	5:45pm – 6:45pm BodyPump - Kelly G!	STRONG by Zumba™ 6:00pm to 7:00pm ★(HIIT Program) with JEN "Squeaks"	LOCATION: MOJITOS 10 ★10:00 am – 12:00pm 2 HOUR ZUMBA FITNESS JAM! *special event* LOCATION: MOJITOS!
6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR	6:45pm to 7:45pm ZUMBA with "JEN aka "SQUEAKS"!!	6:45pm – 7:45pm ZUMBA with Jerome & Arlene aka ZUMBAJEAR	★7:00pm to 8:00pm SALSA DANCE CLASS with Mike		Join us at Jacksonville's #1 Nightspot!
5:30 – 6:30pm BodyPump with Jerome 5:45pm to 6:45pm Kids Self Defense ★	5:45m to 6:45pm Pilates with Kelly G!	5:30 – 6:30pm BodyPump with Jerome	5:45pm – 6:45pm BodyPump - Kelly G!	STRONG by Zumba™ 6:00pm to 7:00pm ★(HIIT Program) with JEROME	LOCATION: MOJITOS 17 *NOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome
6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR	6:45pm to 7:45pm ZUMBA with "JEROME & ARLENE aka "ZUMBAJEAR"!!"	6:45pm – 7:45pm ZUMBA with "SQUEAKS"	★7:00pm to 8:00pm SALSA DANCE CLASS with Mike		10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR
★HAPPY VETERANS DAY! CLASSES FREE FOR MILITARY & Their Families (active & inactive) Just show your ID at check in! ★			WE'RE WORKING FOR FOOD!!! STICK TO YOUR WORKOUTS!		★LAUNCH OF BODYPUMP #107!★
5:30 – 6:30pm BodyPump with Jerome	5:45m to 6:45pm Pilates with Kelly G!	5:30 – 6:30pm BodyPump with Jerome	HAPPY THANKSGIVING!	TAKE A BREATH! CLOSED!	LOCATION: MOJITOS 24 *NOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome
6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR	6:45pm to 7:45pm ZUMBA with "JEN aka "SQUEAKS"!!	6:45pm – 7:45pm ZUMBA with Jerome & Arlene aka ZUMBAJEAR			10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR
			CLOSED		
5:30 – 6:30pm BodyPump with Jerome 5:45pm to 6:45pm Kids Self Defense ★	5:45m to 6:45pm Pilates with Kelly G!	5:30 – 6:30pm BodyPump with Jerome	5:45pm – 6:45pm BodyPump - Kelly G!	STRONG by Zumba™ 6:00pm to 7:00pm ★(HIIT Program) with JEROME	MARK YOUR CALENDAR! SALSA NIGHT OUT! SATURDAY, DECEMBER 1 <sup>ST</sup> – 9PM TILL WE GET TIRED!
6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR	6:45pm to 7:45pm ZUMBA with "JEROME & ARLENE aka "ZUMBAJEAR"!!"	6:45pm – 7:45pm ZUMBA with "SQUEAKS"	★7:00pm to 8:00pm SALSA DANCE CLASS with Mike		

## STUDIO JEAR GROUP FITNESS SATELLITE LOCATIONS:

WEEKDAYS AT JJVA – 8457 Western Way, Jax, FL 32256

SATURDAYS – MOJITOS 8206 Philips Hwy, #39, Jax, FL 32256

**KEEPING IT STRONG CONTEST** – 10/1/18 thru 12/31/18!

THESE ARE THE DANGER MONTHS – STICK TO YOUR WORKOUTS!

1<sup>ST</sup> PRIZE – FREE JAN AND FEB 2019 MONTHLY PASSES!

**STUDIO JEAR NOVEMBER 2018 FITNESS CHALLENGE!**

FREE for Studio Jear Patrons – STICK TO IT!